

# Creative Prayer

*There are many ways to engage creative prayer practices. Begin your prayer time by:*

## **Step 1: Select a Focus Word**

Chose a name for God/Jesus/Holy Spirit in which to focus your prayer.

## **Step 2: Select a Focus Scripture**

Select a scripture verse that lifts up this title for God/Jesus/Holy Spirit.

***Choose one of these two practices:***

## **Journaling**

Take a breath. Spend time writing a prayer grounded in the selected focus word and verse.

## **Praying in Color**

Write one of the many names for God on the center of a piece of paper. Breathe, doodle, and add color. If verbal prayers pop into your mind, pray them or write them down.

***Use this QR code to explore more ways to Pray in Color.***

